

Arizona Masters Swimming
50 Meter Long Course Individual State Records
12/13/2024

WOMEN			18-24	MEN		
Sanae Nawata	2008	28.07	50 FR	Austen L. Thompson	2013	23.93
Sarah Anderson	1994	1:00.82	100 FR	Marcus J. Schlesinger	2013	52.75
Brenna S. Dickson	2014	2:11.21	200 FR	Takeharu Fujimori	2018	1:55.86
Brenna S. Dickson	2014	4:37.82	400 FR	Michael Melley	1998	4:19.60
Shauna J. Nelson	2012	9:51.30	800 FR	Michael Melley	1998	9:02.10
Shauna J. Nelson	2012	18:45.31	1500 FR	Payne M. Montgomery	2014	17:24.37
Michelle A. Detka	2016	33.16	50 BK	Meguru Hotta	2019	26.65
Carolee Osborne	1996	1:12.20	100 BK	Meguru Hotta	2019	55.93
Shauna J. Nelson	2012	2:37.31	200 BK	Takeharu Fujimori	2018	2:03.82
Breeja Larson	2010	32.78	50 BR	Dave E. Rollins	2005	28.87
Breeja Larson	2011	1:10.32	100 BR	Austen L. Thompson	2013	1:03.46
Breeja Larson	2011	2:36.85	200 BR	Ikuto Yoshida	2022	2:34.29
Michelle A. Detka	2017	29.16	50 FL	Meguru Hotta	2019	25.30
Haley J. Gordon	2016	1:04.30	100 FL	Takeharu Fujimori	2018	56.51
Diane L. Ursin	1987	2:28.01	200 FL	Takeharu Fujimori	2018	2:05.13
Haley J. Gordon	2016	2:28.84	200 IM	Dave E. Rollins	2005	2:09.30
Diane L. Ursin	1987	5:20.39	400 IM	Michael Melley	1998	5:02.55

WOMEN			25-29	MEN		
Ai Soma	2022	26.33	50 FR	Kohei Kawamoto	2008	23.39
Caroline A. Kilian	2006	58.65	100 FR	Tyler DeBerry	2012	52.68
Christine Jeffrey	1998	2:11.48	200 FR	Jeff J. Dash	2008	1:54.93
Christine Jeffrey	1998	4:36.04	400 FR	Jeffrey Utsch	1995	4:10.62
Marcie R. Herzog	2006	9:42.57	800 FR	John B. Sarikas	2019	9:09.91
Kelly M. Harrigan	2011	19:05.25	1500 FR	John B. Sarikas	2019	17:21.40
Emi Moronuki	2018	28.39	50 BK	Jan Konarzewski	2014	27.42
Emi Moronuki	2018	1:01.60	100 BK	Jan Konarzewski	2014	59.25
Emi Moronuki	2018	2:13.19	200 BK	Jan Konarzewski	2014	2:12.97
Ann Grevers	2014	33.35	50 BR	Christopher C. Burckle	2013	28.29
Louise Martin	1998	1:17.38	100 BR	Christopher C. Burckle	2013	1:02.18
Louise Martin	1998	2:48.56	200 BR	Christopher C. Burckle	2013	2:11.78
Ai Soma	2022	26.78	50 FL	Kohei Kawamoto	2008	23.71
Ai Soma	2022	1:02.35	100 FL	Kohei Kawamoto	2008	53.09
Ellen Baird	1998	2:46.58	200 FL	Ken A. Barcinas	2019	2:17.24
Emi Moronuki	2018	2:24.42	200 IM	Allan M. Jaegers	1989	2:17.19
Emily A. Milak	2011	5:12.94	400 IM	Allan M. Jaegers	1989	4:57.91

WOMEN			30-34	MEN		
Noriko Inada	2012	26.72	50 FR	Roland M. Schoeman	2013	22.13
Hannah Caldas	2012	58.85	100 FR	Matt Grevers	2017	49.18
Sandie Easton	2002	2:10.27	200 FR	Darian R. Townsend	2014	1:49.34
Sandie Easton	2002	4:39.52	400 FR	Darian R. Townsend	2016	3:58.12
Sandie Easton	2001	9:42.27	800 FR	R. Sean Justice	2010	8:54.23
Stephanie McNicol	2023	18:52.11	1500 FR	George Edelman	1997	18:10.80
Noriko Inada	2012	28.57	50 BK	Matt Grevers	2017	24.67
Noriko Inada	2011	1:01.78	100 BK	Matt Grevers	2017	52.71
Kelly M. Harrigan	2018	2:23.00	200 BK	Sam W. Perry	2001	2:13.19
Hannah Caldas	2012	34.19	50 BR	Marcus Titus	2016	27.73
Hannah Caldas	2012	1:16.35	100 BR	Marcus Titus	2016	1:00.19
Louise Martin	1999	2:48.75	200 BR	Jason Woo	1998	2:43.94
Noriko Inada	2012	27.61	50 FL	Roland M. Schoeman	2013	23.26
Sandie Easton	2002	1:05.44	100 FL	Darian R. Townsend	2014	53.36
Sandie Easton	2002	2:24.34	200 FL	Dennis G. Baker	1992	2:15.79
Sandie Easton	2002	2:31.52	200 IM	Darian R. Townsend	2014	2:01.33
Sandie Easton	2002	5:15.13	400 IM	Darian R. Townsend	2016	4:20.81

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WOMEN				35-39	MEN		
Noriko Inada	2014	26.78	50 FR	Kohei Kawamoto	2018	23.61	
Kelly M. Harrigan	2019	59.55	100 FR	Henry L. Clark	2003	53.84	
Kelly M. Harrigan	2019	2:12.75	200 FR	Henry L. Clark	2003	1:58.95	
Kelly M. Harrigan	2022	4:48.60	400 FR	Darian R. Townsend	2019	4:09.32	
Marcie Herzog	2013	9:57.94	800 FR	R. Sean Justice	2011	8:41.53	
Stephanie McNicol	2024	18:47.39	1500 FR	R. Sean Justice	2011	16:38.48	
Noriko Inada	2016	28.63	50 BK	Darian R. Townsend	2019	26.98	
Noriko Inada	2017	1:01.75	100 BK	Jeff P. Commings	2012	59.65	
Noriko Inada	2017	2:19.98	200 BK	Kurt F. Dickson	2004	2:15.68	
Ashley M. Liotta	2014	36.46	50 BR	Jeff P. Commings	2009	28.53	
Ashley M. Liotta	2014	1:20.20	100 BR	Jeff P. Commings	2013	1:03.76	
Ashley M. Liotta	2014	2:53.94	200 BR	Scott Lathrop	2001	2:43.36	
Noriko Inada	2014	27.46	50 FL	Kohei Kawamoto	2015	24.14	
Kelly M. Harrigan	2019	1:06.11	100 FL	Kohei Kawamoto	2018	53.65	
Kelly M. Harrigan	2022	2:33.18	200 FL	Brent Craeger	2015	2:04.76	
Maureen T. Rankin	2008	2:37.27	200 IM	Darian R. Townsend	2019	2:05.65	
Stephanie McNicol	2024	5:31.13	400 IM	Patrick W. Brundage	2006	5:08.23	

WOMEN				40-44	MEN		
Kelly M. Harrigan	2024	27.52	50 FR	Brandon J. Schindler	2017	24.81	
Kelly M. Harrigan	2024	58.96	100 FR	Henry L. Clark	2005	54.45	
Kelly M. Harrigan	2024	2:09.91	200 FR	Jeffrey S. Utsch	2008	1:58.66	
Laura K. Smith	2008	4:51.70	400 FR	Jeffrey S. Utsch	2008	4:16.67	
Kelly M. Harrigan	2024	10:13.39	800 FR	R. Sean Justice	2016	8:56.89	
Kelly M. Harrigan	2024	19:11.69	1500 FR	Jeffrey S. Utsch	2008	17:13.14	
Noriko Inada	2018	29.62	50 BK	Scott Shake	2001	29.59	
Noriko Inada	2018	1:04.70	100 BK	Jeff P. Commings	2014	59.81	
Kelly M. Harrigan	2024	2:20.72	200 BK	Kurt F. Dickson	2008	2:16.04	
Sheila M. Arredondo	2006	36.27	50 BR	Jeff P. Commings	2014	29.02	
Sheila M. Arredondo	2006	1:20.70	100 BR	Jeff P. Commings	2014	1:05.28	
Ran Ogata	2019	3:02.80	200 BR	Gregory J. Dozer	2001	2:45.82	
Noriko Inada	2018	28.87	50 FL	Jesse Melnick	2014	26.44	
Kelly M. Harrigan	2024	1:05.58	100 FL	Henry L. Clark	2005	57.62	
Kelly M. Harrigan	2024	2:34.46	200 FL	Patrick W. Brundage	2011	2:19.09	
Kelly M. Harrigan	2024	2:37.41	200 IM	Jeff P. Commings	2016	2:13.71	
Laurel S. Hill	2012	5:36.16	400 IM	Patrick W. Brundage	2011	4:58.12	

WOMEN				45-49	MEN		
Liz A. Hobbs	2006	29.50	50 FR	Paul L. Smith	2008	24.93	
Monica M. Bailey	2007	1:06.26	100 FR	Paul L. Smith	2008	54.15	
Carolyn M. Duffield	2013	2:20.41	200 FR	Paul L. Smith	2008	2:00.58	
Kathi Bullock	2001	5:05.92	400 FR	Kurt F. Dickson	2013	4:24.94	
Kathi Bullock	2000	10:40.86	800 FR	Kurt F. Dickson	2013	9:12.91	
Kathi Bullock	2001	20:14.16	1500 FR	Kurt F. Dickson	2014	17:32.11	
Monica M. Bailey	2007	33.99	50 BK	Todd M. Dreitzler	2015	28.92	
Brigid J. Bunch	2009	1:15.28	100 BK	Jeff Commings	2022	1:00.42	
Brigid J. Bunch	2009	2:39.53	200 BK	Kurt F. Dickson	2013	2:17.37	
Laurel S. Hill	2017	38.58	50 BR	Jeff Commings	2022	29.29	
Laurel S. Hill	2017	1:23.98	100 BR	Jeff Commings	2022	1:05.03	
Laurel S. Hill	2016	2:57.07	200 BR	Todd M. Dreitzler	2018	2:39.87	
Stephanie Rollins	2001	32.70	50 FL	Paul L. Smith	2008	25.96	
Laurel S. Hill	2017	1:15.08	100 FL	Paul L. Smith	2008	57.60	
Kathi Bullock	2000	3:02.86	200 FL	Patrick W. Brundage	2012	2:21.44	
Brigid J. Bunch	2009	2:45.19	200 IM	Jeff Commings	2022	2:15.14	
Laura M. Ruberto	2019	6:00.08	400 IM	Patrick W. Brundage	2012	4:58.10	

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WOMEN			50-54	MEN		
Jane Swagerty-Hill	2002	28.77	50 FR	Paul Smith	2009	25.21
Helen Kurtz	2014	1:06.05	100 FR	Paul Smith	2009	55.42
Kathy Gallagher	2014	2:26.62	200 FR	Jeffrey S. Utsch	2017	2:06.19
Anna DeLozier	2013	5:08.11	400 FR	Kurt F. Dickson	2017	4:26.33
Anna DeLozier	2013	10:38.58	800 FR	Kurt F. Dickson	2017	9:18.69
Anna DeLozier	2013	20:24.35	1500 FR	Kurt F. Dickson	2017	17:39.99
Jane Swagerty-Hill	2002	32.87	50 BK	Jeff Commings	2024	29.51
Jane Swagerty-Hill	2002	1:14.44	100 BK	Jeff Commings	2024	1:01.95
Laurel S. Hill	2019	2:42.78	200 BK	Kurt F. Dickson	2017	2:19.35
Laurel S. Hill	2019	36.94	50 BR	Jeff Commings	2024	29.23
Laurel S. Hill	2019	1:22.64	100 BR	Jeff Commings	2024	1:06.31
Laurel S. Hill	2019	3:02.17	200 BR	Mark G Biegel	2018	2:48.66
Liz Hobbs	2011	32.31	50 FL	Paul Smith	2009	26.56
Stephanie S. Rollins	2006	1:21.85	100 FL	Fred L Schuster	2018	1:02.61
Anna DeLozier	2014	3:14.26	200 FL	Fred L Schuster	2018	2:23.84
Laurel S. Hill	2019	2:41.06	200 IM	Jeff Commings	2024	2:16.54
Anna DeLozier	2013	6:07.67	400 IM	Erwin D. Kratz	2015	5:09.20

WOMEN			55-59	MEN		
Christie Altman	2008	31.95	50 FR	Barry Roth	2009	25.98
Evie Lynch	2008	1:12.53	100 FR	Fred L. Schuster	2019	58.25
Evie S. Lynch	2008	2:32.12	200 FR	Fred L. Schuster	2019	2:07.42
Stephanie L. Martin	2014	5:20.46	400 FR	Jeffrey S. Utsch	2022	4:36.67
Kathi Lindstrom	2008	10:57.82	800 FR	Jeffrey S. Utsch	2022	9:32.70
Anna DeLozier	2019	21:01.75	1500 FR	Scott D. Shake	2013	18:27.25
Evie S. Lynch	2008	36.51	50 BK	Glenn S. Patching	2015	30.06
Evie S. Lynch	2008	1:18.93	100 BK	Glenn S. Patching	2016	1:06.47
Brigid J. Bunch	2018	2:47.93	200 BK	Scott D. Shake	2013	2:27.99
Mikey G. Girard	2009	42.74	50 BR	Barry Roth	2009	34.39
Susan E. Dawson-Cook	2019	1:33.74	100 BR	Daniel Vargas	2015	1:17.94
Brigid J. Bunch	2018	3:24.81	200 BR	Daniel Vargas	2015	2:58.84
Evie S. Lynch	2008	35.08	50 FL	Fred L. Schuster	2019	28.24
Jane Esahak-Gage	2021	1:24.68	100 FL	Fred L. Schuster	2019	1:03.25
Jane Esahak-Gage	2019	3:11.89	200 FL	Fred L. Schuster	2019	2:26.70
Brigid J. Bunch	2018	2:58.30	200 IM	Patrick Brundage	2022	2:31.36
Jane Esahak-Gage	2020	6:21.47	400 IM	Patrick Brundage	2022	5:22.02

WOMEN			60-64	MEN		
Christie Altman	2010	32.89	50 FR	Jerry M. Kollross	2022	26.69
Jane Esahak-Gage	2024	1:10.82	100 FR	Jerry M. Kollross	2022	59.43
Jane Esahak-Gage	2024	2:32.52	200 FR	Fred L. Schuster	2024	2:09.47
Jane Esahak-Gage	2023	5:15.58	400 FR	Fred L. Schuster	2024	4:35.36
Jane Esahak-Gage	2023	11:04.04	800 FR	Fred L. Schuster	2024	9:32.16
Jane Esahak-Gage	2023	20:55.14	1500 FR	Mark E. Modjeska	2014	20:13.81
Melissa Belote Ripley	2016	38.12	50 BK	Scott D. Shake	2018	32.96
Melissa Belote Ripley	2016	1:17.81	100 BK	Scott D. Shake	2018	1:12.27
Melissa Belote Ripley	2016	2:49.60	200 BK	Scott D. Shake	2018	2:34.51
Susan E. Dawson-Cook	2024	42.00	50 BR	Tom Winters	1999	35.61
Susan E. Dawson-Cook	2024	1:33.49	100 BR	Kimball Bernard	2006	1:22.28
Jane Esahak-Gage	2022	3:29.88	200 BR	Dave G. Gemmill	2007	3:05.17
Susan E. Dawson-Cook	2024	36.33	50 FL	Fred L. Schuster	2024	29.19
Jane Esahak-Gage	2024	1:22.17	100 FL	Fred L. Schuster	2024	1:05.91
Jane Esahak-Gage	2024	3:10.73	200 FL	Fred L. Schuster	2024	2:32.11
Jane Esahak-Gage	2024	2:56.76	200 IM	Scott D. Shake	2018	2:39.22
Jane Esahak-Gage	2023	6:15.39	400 IM	Scott D. Shake	2019	5:52.01

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WOMEN				65-69	MEN		
Margaret H. Toppel	2016	32.79	50 FR	Ronald Johnson	1998	28.04	
Sally A. Bolar	2005	1:17.55	100 FR	Barry Roth	2019	1:03.80	
Joanne Menard	2013	2:55.88	200 FR	Mark E. Modjeska	2018	2:32.12	
Joanne Menard	2013	6:08.62	400 FR	Mark E. Modjeska	2018	5:15.31	
Joanne Menard	2013	12:40.74	800 FR	Scott D. Shake	2023	10:34.14	
Joanne Menard	2013	24:34.21	1500 FR	Mark E. Modjeska	2019	20:35.33	
Melissa Belote Ripley	2023	36.62	50 BK	Scott D. Shake	2023	34.67	
Melissa Belote Ripley	2023	1:19.72	100 BK	Scott D. Shake	2023	1:15.48	
Melissa Belote Ripley	2023	2:52.94	200 BK	Scott D. Shake	2023	2:41.88	
Carol Taylor	1997	47.79	50 BR	Ronald Johnson	1998	36.75	
Carol Taylor	1997	1:51.11	100 BR	Ronald Johnson	1998	1:25.46	
Carol Taylor	1995	4:13.32	200 BR	Ronald Johnson	1998	3:10.23	
Margaret H. Toppel	2016	37.46	50 FL	Ronald Johnson	1998	30.81	
Sally A. Bolar	2004	1:35.57	100 FL	Ronald Johnson	1998	1:16.85	
Beck Ettien	2024	3:44.80	200 FL	Mark E. Modjeska	2018	2:47.48	
Melissa Belote Ripley	2023	3:01.15	200 IM	Ronald Johnson	1998	2:50.18	
Beck Ettien	2024	7:26.05	400 IM	Douglas A. Springer	2014	6:31.38	

WOMEN				70-74	MEN		
Christie Altman	2019	35.56	50 FR	Ronald Johnson	2001	28.66	
Joanne Menard	2019	1:23.36	100 FR	Ronald L. Johnson	2001	1:06.18	
Joanne Menard	2019	3:07.73	200 FR	Mark Modjeska	2023	2:37.28	
Joanne Menard	2018	6:44.88	400 FR	Mark Modjeska	2023	5:23.00	
Joanne Menard	2018	13:24.91	800 FR	Mark Modjeska	2023	11:10.92	
Joanne Menard	2019	25:59.47	1500 FR	Mark Modjeska	2023	21:17.65	
Bonnie L. Pronk	2012	44.86	50 BK	Hugh Wilder	2017	33.58	
Bonnie L. Pronk	2012	1:38.61	100 BK	Hugh Wilder	2017	1:13.49	
Bonnie L. Pronk	2012	3:30.08	200 BK	Hugh Wilder	2017	2:54.93	
Bonnie L. Pronk	2012	47.78	50 BR	Douglas A. Springer	2016	37.74	
Bonnie L. Pronk	2012	1:50.87	100 BR	Douglas A. Springer	2016	1:26.59	
Carol Taylor	1999	4:15.11	200 BR	Douglas A. Springer	2016	3:09.23	
Joanne Menard	2019	41.20	50 FL	Ronald L. Johnson	2001	32.11	
Sally A. Bolar	2009	1:47.67	100 FL	Ronald Johnson	2001	1:21.64	
Sally A. Bolar	2010	4:10.16	200 FL	Mark Modjeska	2023	3:05.45	
Nancy MacBeth	1999	3:40.24	200 IM	Ronald L. Johnson	2001	2:59.90	
Nancy MacBeth	1999	7:53.70	400 IM	Douglas A. Springer	2016	6:24.55	

WOMEN				75-79	MEN		
Christie Altman	2024	36.55	50 FR	John Daru	1998	33.14	
Gail P. Roper	2005	1:26.36	100 FR	Dale Webster	2004	1:19.65	
Gail P. Roper	2005	3:13.24	200 FR	Al Worth	2012	3:17.45	
Joanne Menard	2023	7:02.02	400 FR	Art Stark	2021	6:30.51	
Joanne Menard	2023	14:05.57	800 FR	Art Stark	2021	13:24.06	
Joanne Menard	2023	26:52.28	1500 FR	Art Stark	2021	25:32.08	
Christie Altman	2024	45.57	50 BK	Dale Webster	2002	41.37	
Christie Altman	2024	1:43.24	100 BK	Dale Webster	2002	1:36.29	
Nancy Kinney	2004	3:51.75	200 BK	Harry Liber	1995	3:39.20	
Kristin N. Jaffe	2013	51.92	50 BR	Douglas A. Springer	2022	41.85	
Gail P. Roper	2005	1:55.37	100 BR	Douglas A. Springer	2022	1:35.16	
Kristin N. Jaffe	2013	4:35.79	200 BR	F H Ted Haartz	2006	4:02.29	
Gail Roper	2004	44.95	50 FL	Max Von Isser	1997	41.21	
Mary Ann Case	2014	1:52.12	100 FL	Gordon H. Gillin	2006	1:56.86	
Gail Roper	2004	4:17.87	200 FL	Gordon H. Gillin	2006	4:37.13	
Nancy Kinney	2004	4:03.80	200 IM	Dale Webster	2002	3:46.50	
Gail P. Roper	2005	8:17.70	400 IM	Gordon H. Gillin	2006	8:41.49	

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WOMEN		80-84		MEN		
Gail Roper	2009	38.64	50 FR	F. H. Ted Haartz	2008	42.17
Gail Roper	2009	1:27.55	100 FR	J. B. Mattingly	1995	1:39.11
Gail P. Roper	2009	3:32.12	200 FR	Jaring Timmerman	1989	3:51.33
Edie B. Gruender	2008	8:40.24	400 FR	Lou Silverstein	2006	8:52.48
Gail P. Roper	2009	15:32.50	800 FR	Lou Silverstein	2006	18:16.37
Edie B. Gruender	2008	33:06.70	1500 FR	Stan J. Strebis	2022	34:16.55
Nancy Kinney	2009	52.91	50 BK	Bob K. Miller	2010	48.03
Nancy Kinney	2009	1:56.12	100 BK	Bob K. Miller	2010	1:44.66
Nancy Kinney	2009	4:09.14	200 BK	Bob K. Miller	2010	3:44.19
Carol P. Taylor	2009	1:00.22	50 BR	Max Von Isser	1999	46.37
Carol P. Taylor	2009	2:18.22	100 BR	Max Von Isser	1999	1:45.99
Carol P. Taylor	2009	5:13.31	200 BR	F. H. Ted Haartz	2008	4:14.01
Gail Roper	2009	47.37	50 FL	Max Von Isser	1999	43.54
Mary Ann Case	2022	2:09.31	100 FL	J. B. Mattingly	1995	2:22.52
Mary Ann Case	2022	5:19.57	200 FL	Martin R. Hahm	2021	6:14.95
Nancy Kinney	2009	4:24.08	200 IM	Jack Mattingly	1994	4:38.15
Edie B. Gruender	2008	10:33.43	400 IM	Gordon H. Gillin	2010	10:52.75

WOMEN		85-89		MEN		
Mary Ann Case	2024	45.88	50 FR	Glenn A. Tewksbury	2019	48.34
Vel H. Perry	2019	2:02.71	100 FR	Glenn A. Tewksbury	2019	1:46.95
Gynt Clifford	2024	4:21.45	200 FR	Glenn A. Tewksbury	2019	4:00.15
Gynt Clifford	2024	9:16.72	400 FR	Glenn A. Tewksbury	2019	8:37.59
			800 FR	Glenn A. Tewksbury	2019	17:20.78
Eulah M. Varty	2019	36:59.83	1500 FR	Donald J. Baker	2016	40:35.14
Gynt Clifford	2024	58.22	50 BK	Harry Liber	2004	1:03.28
Nancy Kinney	2015	2:09.37	100 BK	Glenn A. Tewksbury	2019	2:20.18
Gynt Clifford	2024	4:39.63	200 BK	Glenn A. Tewksbury	2019	5:13.49
Kristin Norstad	2023	59.82	50 BR	Max Von Isser	2007	54.20
Kristin Norstad	2023	2:23.38	100 BR	F. H. Ted Haartz	2013	2:15.15
Kristin Norstad	2023	5:22.00	200 BR	F. H. Ted Haartz	2013	5:07.64
Mary Ann Case	2024	55.69	50 FL	Max Von Isser	2006	50.64
Mary Ann Case	2024	2:20.89	100 FL			
Mary Ann Case	2024	5:34.89	200 FL			
			200 IM			
			400 IM			

WOMEN		90-94		MEN		
			50 FR	Jack R. Fritz	2023	1:06.31
			100 FR	Jack R. Fritz	2023	2:40.32
			200 FR	Jack R. Fritz	2023	6:40.68
			400 FR			
			800 FR			
			1500 FR			
			50 BK	Lee Star	1999	1:18.93
			100 BK			
			200 BK			
			50 BR	Jack R. Fritz	2023	1:38.92
			100 BR			
			200 BR			
			50 FL			
			100 FL			
			200 FL			
			200 IM			
			400 IM			